

# Helping Families Talk about Self-Esteem, Sex, & Peer Pressure

The Virginia Department of Health Division of HIV, STD, and Pharmacy Services in collaboration with the Office of Family Health Services and the Virginia Department of Education present:



## Train the Trainer Course

October 15-16, 2004

Richmond, Virginia



Can we talk is a workshop designed to help parents enhance their role in their children's sexuality and health education. The creative, interactive 4-part workshop addresses:

- Laying the foundations to prevent HIV/AIDS, STDs and teen pregnancy
- Parent - child communication
- Non-confrontational communication
- Clarifying values
- Respecting different perspectives
- Self Esteem
- Puberty and Sexuality
- Mixed messages
- Peer pressure
- Role modeling of parents and family
- Finding community resources



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